

List five things you wish you'd done more of and why.
What is the best thing that happened to you this week?
What is your favorite book and why?
Describe a childhood memory.
Write about your favorite places.
What is holding you back?
Write down one regret – why does it bother you?
It's all about the small things. What little things make you happy?
What is your dream job?
Who would you invite to your imaginary dinner party?
What were you doing 10 years ago?
Write about an early memory.
What scares you?
What would your life be like if money was no object?
Describe what you see when you look outside.
Write about something someone told you about yourself that you never forgot.
List 10 things that make you happy.
Bullet point an entire day.
Describe your first love.
What limiting beliefs hold you back?
Write down 10 goals to complete by the end of the year.
What are your core values?
What is your risk threshold?
Describe your retirement.
What motivates you?
List your top travel destinations.



Journal Prompts